

# Diabetes and Vaccine Tips

## Diabetes and Influenza Vaccine Guide \*

- People with diabetes, aged 6 months and older, should receive a yearly "seasonal" influenza (flu) shot as soon as the vaccine becomes available.
- Children with diabetes, aged 6 months through 8 years, who get the "seasonal" flu shot (vaccine) for the first time this season should get 2 doses at least 4 weeks apart.
- People with diabetes **SHOULD** receive the inactivated "seasonal" flu vaccine as a shot (injection) and **SHOULD NOT** receive the live, attenuated, nasal-spray flu vaccine (FluMist®).

**\*NOTE:** If **YOU** are allergic to eggs or have had other allergic reactions – check with your health care provider before receiving the flu vaccine.

## People with Diabetes who become sick with the flu...

- Should see their health care provider as soon as possible and ask about using antiviral drugs (like Tamiflu or Relenza), preferably within 2 days after becoming ill.

## Diabetes and Pneumococcal Vaccine Guide

- A series of pneumococcal conjugate vaccinations (PCV13) is routinely given to all children, with and without diabetes, beginning at age 2 months. Pneumococcal vaccines provide protection against bacteria that cause invasive pneumococcal diseases, including pneumonia.
- Children aged 2 years and older (after completing all recommended doses of PCV13 and at least 8 weeks after the most recent dose of PCV13) and adults aged 64 years and younger with diabetes should receive a dose of pneumococcal polysaccharide vaccine (PPSV23).
- A one-time "revaccination" with PPSV23, five years after the first dose, is recommended for children and adults with diabetes younger than age 65 years at highest risk for serious pneumococcal infection.\*\* Discuss the need for "revaccination" with your healthcare provider.
- Adults aged 65 years and older with diabetes who have not previously received pneumococcal vaccine or whose previous vaccination history is unknown,
  - Should receive a dose of pneumococcal conjugate vaccine (PCV13) first, then
  - Should receive a dose of PPSV23 given 6-12 months after the dose of PCV13
- Persons with diabetes who previously received PPSV23 at age 65 years and older:
  - Should receive a dose of PCV13 at least one year after last dose of PPSV23
- Persons with diabetes who previously received PPSV23 before age 65 and who are now aged 65 years and older:
  - Should receive a dose of PCV13 at least one year after the most recent dose of PPSV23, then
  - They should receive another dose of PPSV23 given 6-12 months after the dose of PCV-13 and given at least 5 years after the last dose of PPSV23.

**\*\*Persons at highest risk for serious pneumococcal infection include:** children aged two years and older and adults with functional or anatomic asplenia, HIV infection, leukemia, lymphoma, Hodgkin's disease, multiple myeloma, generalized malignancy, chronic renal failure, nephrotic syndrome, or other conditions associated with immunosuppression (such as organ or bone marrow transplantation), and those receiving immunosuppressive chemotherapy, including long-term corticosteroids.

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